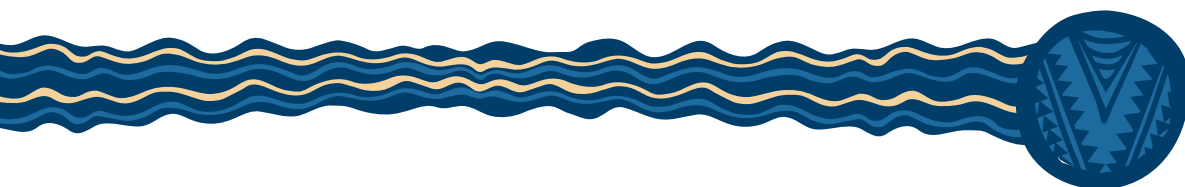




2018 Research Snapshot



Gold Coast Health would like to acknowledge the traditional custodians of the Gold Coast, the Yugambeh speaking people, whose land, winds and waters we all now share; and pay tribute to their unique values, and their ancient and enduring cultures, which deepen and enrich the life of our community.

We pay our respects to Elders past, present and emerging, and recognise those whose ongoing efforts to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future Elders and leaders.

Artwork produced for Queensland Health by Gilimbaa.

Public availability statement

An electronic copy of this publication is available at:

<https://publications.qld.gov.au/dataset/gold-coast-health-research-annual-reports>

For further information, or to request a hard copy of this publication, please contact the Office for Research Governance and Development, Gold Coast Hospital and Health Service, by phone +61 (0) 7 5687 0237 or email researchgoldcoast@health.qld.gov.au

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WELCOME

FROM THE EXECUTIVE DIRECTOR OF CLINICAL GOVERNANCE, EDUCATION
AND RESEARCH AND THE DIRECTOR OF RESEARCH

OUR VISION

Gold Coast Health will be recognised as a centre of excellence for world-class healthcare.

OUR PURPOSE

Providing excellence in sustainable and evidence-based healthcare that meets the needs of the community.

OUR RESEARCH IS AN ENABLER FOR GOLD COAST HEALTH'S STRATEGY

Consistent with the Australian health landscape, Gold Coast Health is facing a range of opportunities and challenges. Strategic investment in health and medical research can serve to minimise the upward pressure on costs associated with new treatments, an ageing population and the increasing burden and complexity of disease. For example, clinical trials can lead to considerable additional health and economic gains when trial-based evidence is put into practice. Clinical trials have been shown to generate a return of \$5.80 for every \$1 invested (for investigator-initiated trials conducted by clinical trials networks) (Australian Clinical Trials Alliance, 2017).

At Gold Coast Health, clinical researchers from different disciplines come together to form research collaboratives and research strong departments. In most cases, the evolution of these research collaboratives has resulted from the leadership and commitment provided by staff in conjoint appointments with our academic partners.

It's our intention to build on this existing commitment by setting a research strategy that aligns with Gold Coast Health's strategic plan, national and state-level strategies. In doing this, we ensure the organisation is investing in research activity that is meeting local community needs, enhancing patient outcomes, transforming service delivery, increasing efficiency in the health system and enabling innovation by challenging the status quo. Opportunities exist for us to expand our research and capacity through productive collaborations, commercialisation, clinical trials, smart technology and consumer engagement.

The 2018–2019 Research Review showcases our research in 2018 and creates a benchmark of our achievements towards our new *2019–2022 Research Strategy*. We will present our successes and emerging research areas across the four focus areas of the 2019–2022 Research Strategy:

1. **Build research capability** by supporting learning opportunities to use, facilitate, design and participate in research
2. **Strengthen partnerships** to advance innovative ideas through synergistic research with our partners
3. **Embed research in health services and systems** to use research and other forms of evidence to improve and innovate healthcare
4. **Establish a sustainable research culture** through investment in research infrastructure, engaging staff at all levels of the organisation and embedding research in operations

Thank you for joining us as we reflect on our research progress in 2018.

Jeremy Wellwood

EXECUTIVE DIRECTOR OF
CLINICAL GOVERNANCE,
EDUCATION AND RESEARCH

Greta Ridley

DIRECTOR OF RESEARCH





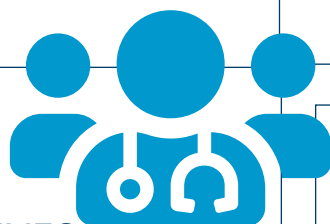
SUMMARY

OF OUR RESEARCH PERFORMANCE



119
ACTIVE
RESEARCH
PROJECTS

50
CLINICIANS TRAINED
IN EVIDENCE-BASED
PRACTICE



24
RESEARCH
COLLABORATIVES
AND GROUPS

320
PUBLISHED RESEARCH
ARTICLES AND BOOK CHAPTERS



RESEARCH GROUP	LEAD
Allied Health Research Capacity and Engagement Group	Professor Sharon Mickan
Cardiovascular Research and Clinical Trials Collaborative	Dr Rohan Jayasinghe Dr Laurie Howes
Children's Research Collaborative	Dr Kelly Weir Dr Shane George
Clinical Haematology	Dr Michelle Bryson Dr Tara Cochrane
Intensive Care Unit	Dr James Winearls
Emergency Department Collaborative Research Group	Professor Gerben Keijzers Professor Julia Crilly
Gastrointestinal Endoscopy Research Group	Dr Sneha John
General Surgery	Dr Michael Von Papen
Infectious Diseases Group	Dr Deborough Macbeth Dr John Gerrard
Medical Oncology Department	Dr Jasotha Sanmugarajah
Mental Health and Specialist Services	Professor Chris Stapelberg
Neurosciences Research Collaborative Group	Dr Teresa Withers Dr Meng Tan
Nursing, Midwifery Education and Research Unit	Professor Anita Bamford-Wade
Nutrition Research Collaborative	Professor Andrea Marshall
Occupational Therapy Research Group	Sarah Rollins
Orthopaedic Research Collaborative	Professor Randy Bindra
Pharmacy Research Collaborative	Trudy Teasdale
Physiotherapy Department	Dean Blond
Public Health Unit	Deena Malloy Helen Clifford
Rehabilitation Group	Dr Ben Chen
Respiratory and Sleep Disorders Research Group	Dr Bajee Krishna Sriram
Speech Pathology Service	Ms Melissa Lawrie
Supportive and Specialist Palliative Care	Dr Nicola Morgan
Trauma Research and Registry Group	Professor Martin Wullschlegler

1468
PATIENTS
RECRUITED TO
ACTIVE CLINICAL
TRIALS

84
STAFF TRAINED
IN CLINICAL
TRIAL SKILLS &
REGULATORY
REQUIREMENTS



24
THERAPEUTIC
AREAS RUNNING CLINICAL TRIALS

90
ACTIVE
CLINICAL
TRIALS

76 CLINICAL TRIAL
COLLABORATIONS (NATIONAL AND
INTERNATIONAL)

\$1.7M FUNDING
IN EXTERNAL COMMERCIAL RESEARCH GRANTS

\$1.5M FUNDING
IN EXTERNAL NON-COMMERCIAL RESEARCH GRANTS



\$1.1M AWARDED
TO 15 RESEARCH PROJECTS BY
GOLD COAST HEALTH AND GOLD COAST
HOSPITAL FOUNDATION GRANT SCHEME

OUR RESEARCH HIGHLIGHTS



BUILD RESEARCH CAPABILITY

“Research capacity building... is defined as a process of developing sustainable abilities and skills, enabling individuals and organisations to perform high quality research.”¹

Our goal: To build research capability by supporting learning opportunities to use, facilitate, design and participate in research.

In this section, we will share how our staff are working to build research capability across Gold Coast Health through innovative approaches to grant funding, using evidence to build research capability in Allied Health, and bringing evidence to the bedside.



SUPPORTING CLINICIAN RESEARCHERS TO REACH GRANT SUCCESS

“Our goal in providing this funding is to support Gold Coast Health clinicians to continually advance health care services and medical outcomes for patients.”

– Kim Sutton, Chief Executive Officer, Gold Coast Hospital Foundation

IMPACT

- \$1.1 million in funding across 15 projects
- Access to a biostatistician to plan analyses
- Access to business manager to help cost research projects
- Education and mentoring from senior researchers
- Access to additional fully funded training opportunities
- Unsuccessful applicants received coaching to prepare their projects for 2019.

Without funding, research ideas are almost impossible to develop. Finding time to apply and inexperience with grant writing skills can access to research funding difficult. In 2018, the Gold Coast Health and Gold Coast Hospital Foundation Research Grant Committee (chaired by Professor Julia Crilly and Professor David Henry) recognised this issue. Together with the other committee members, they created a system to support applicants through the process.

Using Professor David Henry’s expertise, the team implemented a new Expression of Interest form for grant submissions. The committee received 45 Expressions of Interest and invited 25 to submit a full application. This dramatically cut the workload of potential applicants, committee members and reviewers.

The Committee went above and beyond the usual remit of a grant scheme by providing sessions where senior researchers provided advice, insight and mentoring to those applying. They supported applications post-submission by offering time to respond to reviewers’ comments, increasing the chance of those projects being funded.

Support for successful applicants continued beyond completion of the application process. The Office for Research Governance and Development supported seven grant applicants to attend the Knowledge Translation program held at Bond University from June to August 2018.

Ms Valerie Slavi, Ms Hazel Brittan and Prof. David Ellwood



The 2016–17 Gold Coast Health Collaborative Research Grants Scheme was presented by Gold Coast Health and Gold Coast Hospital Foundation.

“Congratulations to the successful grant applicants whose projects will help us to deliver cutting edge health care well into the future.”

– Dr Jeremy Wellwood, Executive Director of Clinical Governance, Education and Research, Gold Coast Health

Each unsuccessful applicant also received one-to-one coaching with a Research Development Officer to prepare their grant for the 2019 grant round.

Fifteen research teams from across nursing, medicine, pharmacy and allied health were awarded funding totalling \$1.1 million. Successful projects aim to:

- include patients in bedside handover tool development
- use practice pedagogies to improve care for older people
- perform economic evaluation of midwifery caseload care compared to other models
- predict post-traumatic stress disorder and depression following a traumatic injury
- investigate whether the Meningococcal B vaccine prevents gonorrhoea
- reduce morbidity and mortality due to sepsis in children
- consider the patient role in discharge medication strategies
- use fluid resuscitation in emergency patients with sepsis and hypotension
- involve carers in the hospital care of family members with dementia
- consider the impact of the 2018 Commonwealth Games on Gold Coast emergency departments
- partner to improve nutrition for patients in hospital
- enhance nutrition for trauma patients
- determine 'best buy' obesity interventions
- consider oral feeding safety in children on nasal high-flow respiratory support
- assess the effects on daily activities of pulmonary rehabilitation with occupational therapy.

"There was a huge improvement this year with the Expression of Interest process and support from the Research Development Officer, Statistician and Business Manager."

– Grant applicant

The 2019 Gold Coast Health Collaborative Research Grants Scheme builds on our successes in 2018. It is a partnership between Gold Coast Health, the Gold Coast Hospital Foundation and our university partners, Griffith University, Bond University and Southern Cross University.

GRANT SCHEME SUCCESS

2017 GRANT SCHEME: \$19,974 AWARDED TO THE UPLIFT PROGRAM (PRINCIPAL INVESTIGATOR: DR KERRIE EVANS)

Physiotherapists from the Neurosurgical Screening Clinic are collaborating with researchers from Griffith University and Amsterdam's Vrije University, to conduct research on patients with persistent low back pain who are part of the UPLIFT Program. UPLIFT consists of five 90-minute sessions combining pain neuroscience education and graduated functional exercise. The research involves developing prognostic models, based on a range of biological and psychosocial factors, to determine which patients were most likely to respond to the program. The UPLIFT Program was recently selected as a finalist in the 2019 Gold Coast Volunteer Awards – Community Project of the Year, for their Expert Patient Volunteer Program.

"Collaborating with experienced researchers from Griffith University on a program we developed has been a great experience for our team and a great benefit for our patients."

– Physiotherapist Hayley Thomson

2016 GRANT SCHEME: \$99,956 AWARDED TO THE MOMENT STUDY (MODELS MEETING NEEDS OVER TIME) STUDY (PRINCIPAL INVESTIGATOR: PROFESSOR JENNY FENWICK)

Between 2017–2018, Gold Coast midwife and researcher Valerie Slavin recruited 309 pregnant women into the MoMeNT study. Women completed online surveys at five timepoints during pregnancy and up to six months postpartum, to evaluate the effectiveness of different models of midwifery care. The team was particularly interested in the effect of caseload midwifery – where one primary midwife cares for a woman during pregnancy through to post-partum – compared to non-caseload care. Preliminary analysis indicates that caseload care may be associated with reduced rates of pre-term birth, induced labour, and delivery by caesarean section. These findings inform two national priority areas (Mental Health and Healthy Start to Life), provide evidence to support the implementation of the National Maternity Services Plan, and inform value-based funding decisions.



ARE YOU ARE INTERESTED IN FINDING OUT MORE ABOUT THIS AND OTHER RESEARCH FUNDING SCHEMES?

Visit: www.goldcoast.health.qld.gov.au/research/researchers/grants-apply
Email: grantsgoldcoast@health.qld.gov.au

USING EVIDENCE TO BUILD RESEARCH CAPACITY IN ALLIED HEALTH

“Benefits of allied health professionals participating in research... include enhanced attitudes towards research, an increased uptake of research evidence into practice, the development of critical-thinking skills, and a culture of evidence-based practice.”

– Janine Matus, Senior Occupational Therapist and Allied Health Service Improvement Officer, Gold Coast Health.²

What is the best way to support Allied Health staff to engage with research? That’s the main question Professor Sharon Mickan (leader of the Allied Health Research Capacity and Engagement Group) is seeking to answer. Along with her team of conjoint Griffith University and Gold Coast Health Allied Health Research Fellows (Dr Rachel Wenke, Dr Kelly Weir, Dr Christy Noble, Dr Shelley Roberts), she is making significant progress towards finding out. Their work spans four key areas: (1) investigating how Research Fellows support individual clinicians; (2) evaluating clinical backfill models to provide time for clinicians to do research; (3) implementing and evaluating effective journal club structured processes; and (4) evaluating strategies for professional departments to build clinicians’ research capacity.

EMBEDDING ALLIED HEALTH RESEARCH FELLOWS IN CLINICAL PRACTICE

In 2016, Dr Rachel Wenke led a systematic review and a qualitative evaluation of allied health research positions embedded in health organisations. From this work, Professor Mickan’s team co-designed the STRETCH (STrategies for Research EngagementT of Clinicians in allied Health) protocol, published in *BMJ Open*³. They are currently exploring how Allied Health Research Fellows embedded in clinical teams build research capacity of that team, using knowledge brokering strategies such as providing information to clinicians and linking clinicians with experts in the field. Data collection is well underway, with results due in 2019.

GIVING THE GIFT OF TIME FOR ALLIED HEALTH RESEARCH

Between 2014-2016, 21 members of Allied Health staff (speech pathology, physiotherapy, pharmacy, occupational therapy and dietetics) were awarded funding to pay for another clinician to do their clinical work for four weeks’ so they could progress a specific research project. The study, published in the *Journal of Multidisciplinary Healthcare*⁴ in 2018 showed that protected time and mentoring support to undertake a clinical research project can have a positive impact:

- 11 studies submitted for publication
- 6 papers published
- 4 studies received ethics approval
- 3 studies started data collection
- 1 received additional funding.

This scheme is now conducted every year.

EMBEDDING JOURNAL CLUBS IN ALLIED HEALTH

In 2015, Allied Health clinicians who had self-identified as Evidence-Based Practice (EBP) champions requested support to improve their journal clubs. Dr Rachel Wenke compared two key systematic reviews to identify 11 key components of effective journal clubs. An audit by the EBP champions reported only two of these were routinely used. To address this issue, Dr Wenke developed and delivered a randomised controlled trial of a structured, evidence-based journal club format (TREAT journal club) compared to standard journal clubs in Allied Health. The trial showed that structured journal clubs did not significantly change individuals’ EBP skills, knowledge or attitudes compared to standard journal clubs. However, clinicians were more satisfied with the structured format, and some continued to use the format after the trial finished. Focus groups with participants after the trial finished generated a model to sustain structured journal clubs, which is currently being evaluated.



ARE YOU INTERESTED IN LEARNING MORE ABOUT THE ALLIED HEALTH RESEARCH CAPACITY AND ENGAGEMENT GROUP AND THEIR WORK?

Email: Professor Sharon Mickan
sharon.mickan@health.qld.gov.au



RESEARCH CAPACITY BUILDING SUCCESS

SPEECH PATHOLOGY

Core research areas: aphasia, paediatric feeding, and innovative models of care

Lead: Melissa Lawrie, Director of Speech Pathology and Audiology

Over the past 10 years, the Speech Pathology service has been progressively expanding their research capacity. The service has grown from having minimal clinician engagement in research activity to the current environment, where approximately 60% (37/62) of the speech pathology team actively participate in research. Of these, at least 14 staff are principal investigators on research projects. A number of these projects have received international recognition.

Research capacity impact:

- Speech Pathology formed part of a paediatric multi-disciplinary Allied Health team awarded \$100,000 in the Gold Coast Health Improver's program to support a tele-health approach to weaning tube-fed infants onto oral intake.
- Awarded \$75,000 from the Gold Coast Health grant scheme to investigate aspiration risk with oral feeding for infants and children on high-flow nasal cannula respiratory support.
- Awarded funding from the Allied Health Clinical Backfill for Research funding scheme to complete multiple systematic reviews and prepare journal manuscripts for publication.

- Three clinicians started further study on research topics identified within clinical practice, including two PhDs and one MPhil.
- The Speech Pathology operational plan includes a specific research strategy.
- Allied Health Research Fellows (Dr Rachel Wenke and Dr Kelly Weir) support the speech pathology team to undertake evidence-based practice, journal club, research activity and translation of research outcomes into clinical practice.
- Strong collaboration with multiple universities, including Griffith University, the University of Queensland and Australian Catholic University.
- Supported participant recruitment for three major National Health and Medical Research Council trials in aphasia treatment.

Patient impact:

- People with aphasia following stroke have access to photographic menus to support independence in their meal choices while in hospital.
- Cough reflex testing is routinely provided to stroke patients at bedside as an additional clinical decision-making tool for speech pathologists when assessing individuals with swallowing difficulties.
- Informed best practice processes for bottle feeding premature infants in the newborn care unit, including teat selection and cue-based feeding strategies.



“Our aphasia research ultimately aims to promote patients’ communicative independence and ability to participate in everyday activities, which can also help improve quality of life.”

– Ms Melissa Lawrie, Director of Speech and Audiology, Gold Coast Health

PHARMACY RESEARCH COLLABORATIVE



Laetitia Hattinagh and Trudy Teasdale

Core research areas: Quality use of medicines, roles of advanced hospital pharmacy assistants

Lead: Trudy Teasdale, Assistant Director of Pharmacy

The Pharmacy Research Collaborative meets monthly to discuss and plan research across pharmacy within Gold Coast Health. The group strongly supports developing clinical pharmacists to undertake quality use of medicines projects. Their major success in 2018 was the completion of publications from a Master's project evaluating advanced roles of hospital pharmacy assistants. The Pharmacy department also provides support for all major clinical trials within the hospital.

Research capacity impact:

- Awarded funding from Allied Health Clinical Backfill scheme.
- Dr Shelley Roberts and Dr Christy Noble (Allied Health Research Fellows) are embedded in the Pharmacy unit to provide support with journal clubs and research.
- Staff attended workshops at Bond University Evidence-Based Practice Professorial Unit.
- Secured funding for a practicing clinical and research pharmacist one day a week (Adjunct Associate Professor Laetitia Hattinagh).
- 12 quality use of medicines projects were completed by pharmacy students from the University of Queensland and Griffith University.
- Masters project commenced to continue to explore roles for advanced hospital pharmacy assistants.



ARE YOU INTERESTED IN CONNECTING?

Speech Pathology

Email: Ms Melissa Lawrie
melissa.lawrie2@health.qld.gov.au

Dr Rachel Wenke
rachel.wenke@health.qld.gov.au

Pharmacy Research Collaborative

Email: Dr Laetitia Hattinagh
laetitia.hattinagh@health.qld.gov.au

TRAINING CLINICIANS TO BRING EVIDENCE TO THE BEDSIDE

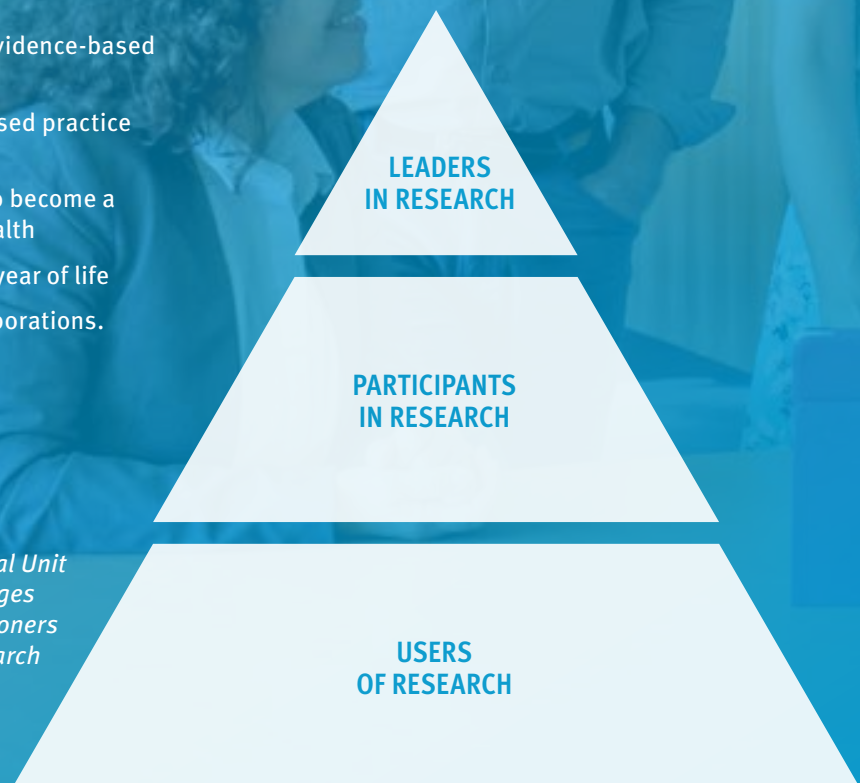
“Around 7% of clinical “facts” become outdated each year...While glossy journals, 500-page systematic reviews, and grand guidelines are all worthy, clinical impact only occurs when someone reads, digests, and acts on the information.”

– KProfessor Paul Glasziou, Director, Institute for Evidence-Based Healthcare at Bond University⁵

IMPACT

- Collaboration with clinicians across Gold Coast Health
- Additional 50 clinicians trained in evidence-based practice
- Mobile phone-enabled evidence-based practice e-portfolios
- Support to submit the application to become a Centre of Innovation in Regional Health
- Reducing low-value care in the last year of life
- >25 national and international collaborations.

The EBP Professorial Unit supports and engages with health practitioners at all levels of research participation.



In 2015, Gold Coast Health and Bond University's Centre For Research in Evidence-Based Practice (now Institute for Evidence-Based Healthcare) established the Evidence-Based Practice Professorial Unit (EPU) to assist health care workers within Gold Coast Health to be skilled users of research and actively translate research into clinical practice. The team works across two key areas:

INCREASING COLLABORATION WITH CLINICAL RESEARCHERS

In 2018, the EPU chaired the Gold Coast Health and Gold Coast Hospital Foundation Research Grant scheme and was represented on the organisational committee for Gold Coast Health Research Week. They consulted and supported clinicians to formulate research questions, design studies, write research protocols and plan research budgets across several clinical areas.

- Mental Health Service: suicide prevention intervention for youth suicide.
- Pharmacy Research Collaborative Group: evaluating a new model of follow-up for older patients near the end of life who are deprescribed medicines in hospital.
- Palliative Care: assessing the extent of low-value care near the end of life at Robina Hospital.
- Trauma Service: feasibility of establishing a post-discharge follow-up service to assess long-term outcomes of patients admitted with severe injuries.
- General Medicine: appropriateness and user-friendliness of an electronic decision aid for older people with advanced chronic illness.

INNOVATION IN TEACHING AND LEARNING

In 2018, the EPU trained an additional 50 Gold Coast Health staff in evidence-based practice, how to translate research into practice (knowledge translation), and how to write research protocols and conduct systematic reviews. Systematic reviews are considered highest level evidence to underpin clinical decisions, guidelines, and policy decisions because they synthesise all existing evidence that answers a specific question. Trainees included doctors, nurses, dentists, occupational health practitioners, midwives, speech pathologists and dietitians.

One of the challenges of training staff has been ensuring training is accessible and sustainable. Dr Paulina Stehlik has designed a solution for this: a new mobile phone enabled e-portfolio containing evidence-based practice training materials. Materials are available in advance of in-person workshops and can be tailored to individual groups of health care workers. Once training is complete, staff can review and build on their evidence-based practice e-portfolio on their electronic device in real-time to help answer clinical questions at the bedside. In 2019, this portfolio and tailored workshops will be rolled out to the Emergency Department, Intensive Care Unit, Dentistry and Mental Health.

“Excellent presenters – very patient, knowledgeable and helpful.”

– Dentist (course attendee)



ARE YOU INTERESTED IN WORKING WITH THE EVIDENCE-BASED PRACTICE PROFESSORIAL UNIT?

To register for training and consultations, email EBP_unit@bond.edu.au.

The Evidence-Based Professorial Practice Unit





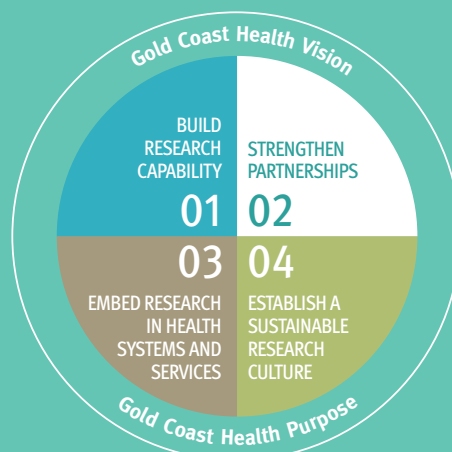
STRENGTHEN PARTNERSHIPS

“Instead of being fragmented, we need to co-ordinate ourselves to have the greatest impact.”

– Dr Rhea Liang, General and Breast Surgeon, Gold Coast Health

Our goal: To strengthen partnerships to advance innovative ideas through synergistic research with partners.

Our main partners are consumers, other healthcare organisations, universities and industry. In this section, we will share insights into how we are co-designing research with consumers, how we have developed partnerships in our region through the Queensland and Northern New South Wales Regional Health Collaborative, and the success of our joint nursing appointments with Griffith University.





CONSUMERS CO-DESIGN GOLD COAST HEALTH RESEARCH

“What is so wonderful about the organisation
is that we are totally respected and welcomed.”

– Associate Professor Margaret Shapiro, Deputy Chair, Consumer Advisory Group, Gold Coast Health

Gold Coast Health’s Consumer and Community Engagement Strategy 2017-2019 set out to increase consumer involvement across Gold Coast Health. The Consumer Advisory Group, led by independent Chair Dr Joan Carlini and Deputy Chair Associate Professor Margaret Shapiro, is committed to working alongside clinicians to incorporate consumer co-design in research.

Over the coming pages, we will showcase examples where co-design is taking place – from funding applications through to participation in research.

“Co-design is the practice of consumers and suppliers, such as researchers and clinicians, coming together to look at a problem and design a solution together.”

– Dr Joan Carlini, Chair, Consumer Advisory Group⁶, Gold Coast Health

CONSUMER ENGAGEMENT SUCCESSES

CONSUMER PARTICIPATION IN THE BEDSIDE HANDOVER TOOL

This project is led by Dr Georgia Tobiano and was funded by the Gold Coast Health and Hospital Foundation Grant scheme in 2018 (\$29,079). It aims to develop and test a tool to provide feedback on consumers’ perceptions of participation in bedside handover.

Associate Professor Margaret Shapiro is a member of the project team. Associate Professor Shapiro’s role in the team is to inject the consumer perspective throughout the project. Associate Professor Shapiro has contributed to the design of the project and grant application, reviewed and edited the grant proposal, and will be involved in all decisions during the development of the tool. She will engage her consumer network to provide feedback on the tool and will have a key role in promoting its implementation on completion of the project.

“Bedside handover provides a predictable and embedded way to promote patient-centred care in hospitals; yet without patient engagement, the benefits of a patient-centred approach to care are not achieved.”

– Dr Georgia Tobiano, Nurse Researcher, Gold Coast Health



INTERESTED IN FINDING OUT MORE ABOUT THIS PROJECT?

Email: Georgia Tobiano
georgia.tobiano@health.qld.gov.au

CONSUMER-FOCUSED RESEARCH DESIGN IN END OF LIFE CARE DISCHARGE PLANNING

The End of Life Care Discharge Planning Project is led by Associate Professor Laurie Grealish (Associate Professor of Subacute and Aged Nursing – conjoint appointment between Gold Coast Health and Griffith University) and funded by the Queensland Health Clinical Excellence Division, Care at End of Life SEED funding grant (2018).

Consumers were involved in the design of the research project in three ways:

1. A project reference group (led by Associate Professor Laurie Grealish) of stakeholders who reviewed analysed data and provided advice on implementation strategies. Stakeholders include clinicians and managers, researchers, community groups, non-government organisations and consumers.
2. A project design group (led by Dr Kristen Ransie) who designed an evidence-based discharge process to allow people to die at home. Stakeholders include Gold Coast Health, consumers and non-government organisations.
3. A project information group (led by Dr Joan Carlini) who provided expert advice on the types of information people need as they consider dying at home. Consumers led the way in choosing information and drafting a brochure for consumers (pictured below right).

A broader group of consumers from across the Gold Coast community participated in an evening forum to discuss the opportunities and threats to the discharge process for people near the end of life and to identify important areas to address in implementation.



INTERESTED IN FINDING OUT MORE ABOUT THIS PROJECT?

Email: Dr Joan Carlini
j.carlini@griffith.edu.au

Associate Professor Laurie Grealish
laurie.grealish@health.qld.gov.au

ASSESSING CULTURAL CAPABILITY OF RESEARCHERS WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER AUSTRALIANS

The Queensland Government Cultural Capability Framework, Gold Coast Health Aboriginal and Torres Strait Islander Cultural Capability Action Plan; and the Statement of Action towards Closing the Gap in Health Outcomes for Aboriginal and Torres Strait Islander people identify that building and improving cultural capability of staff and the health system is essential to improving health equity for Aboriginal and Torres Strait Islander people.

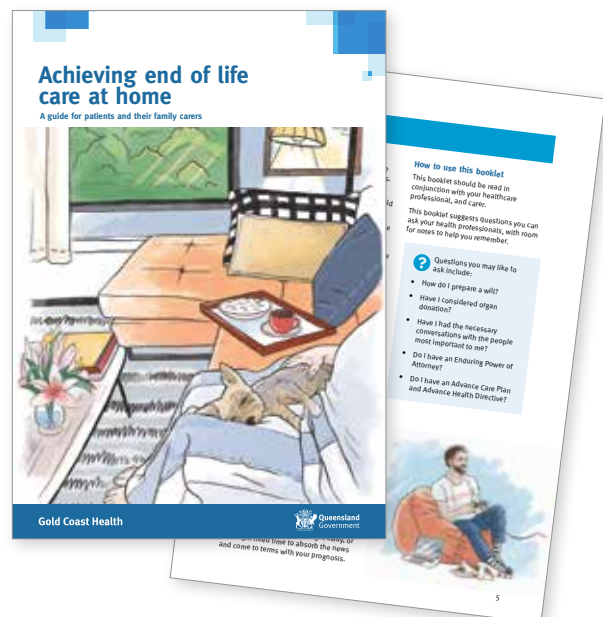
In 2018, Gold Coast Health's Aboriginal and Torres Strait Islander Health Service partnered with the First Peoples Health Unit, Griffith University, led by Professor Roianne West (Foundation Professor of First Peoples Health at Griffith University). They developed and submitted a new project to Gold Coast Health research ethics to evaluate a tool to assess cultural capability for Gold Coast Health staff undertaking the Cultural Capability Program.


This partnership has generated broader opportunities to explore what the cultural protocols are (and need to be) for Gold Coast Health researchers wanting to do research with Aboriginal and Torres Strait Islander Australians, including the significant leadership role of Aboriginal and Torres Strait Islander researchers and people in research.



INTERESTED IN FINDING OUT MORE ABOUT THIS PROJECT?

Email: Ms Melissa Browning
Co-ordinator, Aboriginal and Torres
Strait Islander Health Service
melissa.browning@health.qld.gov.au



A portrait of Associate Professor Margaret Shapiro, a woman with short blonde hair, smiling. She is wearing a light-colored blazer over a white collared shirt. The background is a blurred indoor setting with warm lighting.

“If you’re a consumer, you have an illness and you have a passion to investigate who might be able to assist you to understand that more, then seek to become part of a research group that looks at those things.”

– Associate Professor Margaret Shapiro, Deputy Chair, Consumer Advisory Group, Gold Coast Health (pictured)

CONSUMER INVOLVEMENT IN MENTAL HEALTH RESEARCH

Gold Coast Health employs nine members of staff in the Mental Health Consumer, Carer and Family Participation team. All staff have lived experience as consumers of mental health services, or as carers of those who have used mental health services. Ms Angela Davies (Consumer Consultant) and Ms Michelle Edwards (Carer Consultant) lead the team.

“Our role is to provide strategic direction to researchers, staff members, managers and executives in mental health services about consumer engagement and participation. We chair the Gold Coast Peer Workforce Network. This is a network of local peer workers, and consumer and carer representatives, who provide advice and consultation to individuals and organisations.”

– Ms Angela Davies, Consumer Consultant

Angela and Michelle are Associate Investigators on several research projects, including one project led by Mental Health and Specialist Service’s Research Committee Chair Professor Chris Stapelberg, about psychological interventions for suicide prevention. The project is a collaboration between Gold Coast Health, Bond University, University of Rochester and University of Bern, and is funded for \$704,305 by the National Suicide Prevention Research Fund and Bond University.

“This research will help our service and many services across the country and internationally to understand the best future investments to make in terms of psychological interventions for suicide prevention.”

– Kathryn Turner, Mental Health and Specialist Services Clinical Director

Angela and Michelle established the Suicide Prevention Research Lived Experience Advisory Committee to support the project. This committee of seven consumers and carers is an integral part of the research team. They collectively wrote the participant information sheets and consent forms, are invited to all training that staff access, and will be involved in delivering training to staff.

“The new forms are absolutely fantastic... a precise and consumer-friendly form. Thanks so very much to you all for listening and making it visible in the changes.”

– Consumer representative from the Lived Experience Advisory Committee for Suicide Prevention Research

Another service, the Alcohol and Other Drugs Service Consumer and Carer Advisory Council, has been in place for approximately two years. A Community Engagement and Family and Carer Clinician leads this Council. They are open to being contacted to support researchers who would like to gain perspectives from consumers and carers and are available at AODSGoldCoast@health.qld.gov.au.



INTERESTED IN FINDING OUT MORE ABOUT THIS PROJECT?

Email: Ms Angela Davies
angela.davies@health.qld.gov.au

Ms Michelle Edwards
michelle.edwards@health.qld.gov.au

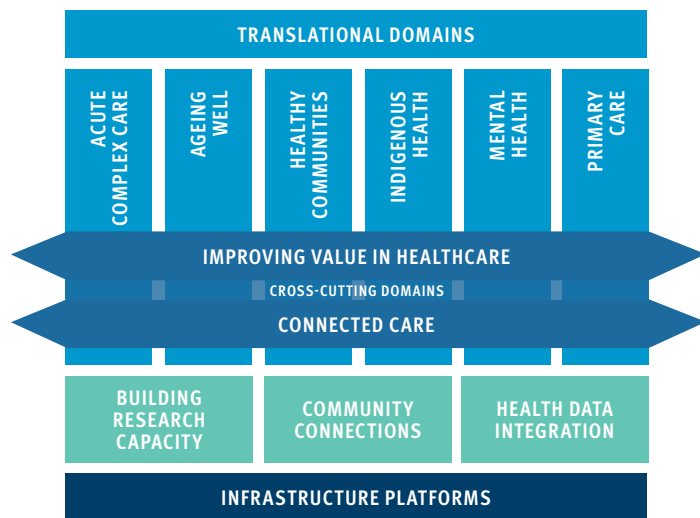
THE QUEENSLAND AND NORTHERN NEW SOUTH WALES REGIONAL HEALTH COLLABORATIVE

“I believe to improve healthcare in regional and remote Australia, we need to better translate research into practice. Working together, the Queensland and Northern New South Wales Regional Health Collaborative provides the unique opportunity to do this.”

– Professor Allan Cripps, Interim Director, Queensland and New South Wales Regional Health Collaborative

In 2016, the Commonwealth Government announced a new initiative, the Centre for Innovation in Regional Health, to improve the health outcomes of people living in regional and rural Australia. This initiative is led by health services in collaboration with academic and industry partners.

Building on the extensive collaborative networks that have existed for many years across South East Queensland and Northern NSW, the Queensland and Northern New South Wales Regional Health Collaborative was formed in 2017. Led by Gold Coast Health, the Regional Health Collaborative brought together six health services (Gold Coast, Sunshine Coast, Darling Downs, West Moreton, South West and Northern NSW), three primary health networks (Gold Coast, West Moreton and Darling Downs), six universities (Bond, Griffith, Southern Cross, Sunshine Coast, University of Southern Queensland and The University of Queensland), the Queensland Rural Medical Education Ltd, and several research institutes and educational centres. Our partners have been working together to prepare a submission for accreditation by the National Health and Medical Research Council, which will be submitted in early 2019.



Professor Allan Cripps and Dr Michelle Krahe

The Regional Health Collaborative serves a growing community of more than 1.9 million people, which is culturally, economically and geographically diverse. Of significance, the cross-border alliance with Northern New South Wales Local Health District supports the Queensland and NSW Governments' commitment to identify and resolve cross-border issues that impede regional development and service delivery.

The Regional Health Collaborative will act as a mechanism by which the relevant strengths of our partners can be better aligned and focused on ways to deliver better health care to regional and remote communities. This will be supported by specific programs in improving the value in health care, better health data integration, building the research capability of our staff and connecting with our community. The fundamental drivers of the Regional Health Collaborative truly reflects the depth and commitment to engage in better integration between research, education and clinical care. This includes ageing well, acute and complex care, healthy communities, Indigenous health, and mental health.



INTERESTED IN LEARNING MORE ABOUT THE QUEENSLAND AND NORTHERN NEW SOUTH WALES REGIONAL HEALTH COLLABORATIVE?

Visit: www.goldcoast.health.qld.gov.au/regional-health-collaborative

Email: RegionalHealthCollaborative@health.qld.gov.au

IMPACT OF OUR NURSING AND MIDWIFERY LEADERS

“The major benefit of conjoint appointments is establishing a research culture within the practice environment. This ensures that our work is always person-centred and can be translated immediately into practice.”

– Professor Anita Bamford-Wade, Professor of Nursing and Midwifery, Gold Coast Health

IMPACT

- Research is patient-centred and multidisciplinary
- \$2.6 million in research funding
- More than 50 research publications
- Award-winning research

Nursing and Midwifery at Gold Coast Health has eight conjoint appointments with Griffith University, including six Associate Professors and two research fellows. The team, led by Professor Anita Bamford-Wade, Professor of Nursing and Midwifery, work across five key areas: Newborn and Children’s Services, Emergency Care, Patient Safety, Acute and Complex Care Nursing, and Subacute and Aged Nursing.

The impact of this team extends across the human lifespan, from birth to death, and their work remains person and family-centred throughout.

THE TEAM

PICTURED:

Professor Andrea Marshall,
Professor of Acute and Complex
Care Nursing

Professor Anita Bamford-Wade,
Professor of Nursing and Midwifery

Dr Jamie Ranse, Research Fellow,
Emergency Care

NOT PICTURED:

Professor Julia Crilly, Professor of
Emergency Care

Professor Brigid Gillespie,
Professor of Patient Safety

Associate Professor Laurie
Grealish, Associate Professor of
Subacute and Aged Nursing

Associate Professor Kathleen
Baird, Education Director, Women,
Newborn and Children’s Services

Dr Sharon Latimer, Research Fellow,
Patient Safety



IMPACT SUCCESSES

RESPONDING TO DOMESTIC AND FAMILY VIOLENCE IN THE CONTEXT OF MATERNITY CARE

Associate Professor Kathleen Baird is recognised as a national and international leader in domestic and family violence. Her research has a strong focus on education and implementation research in the field of domestic and family violence. For nearly fifteen years, Associate Professor Baird's work has focused on improving safety for women experiencing domestic and family violence during pregnancy. She collaborates with colleagues from Australia, UK, Nepal and Bangladesh to empower midwives to learn to "ask the question" about domestic and family violence. Her research (published in *Women and Birth*⁷) demonstrated that a one day training session for midwives in South East Queensland enabled them to feel more prepared to routinely enquire about domestic and family violence, and this confidence was maintained for six months after the training.

"I won't be so scared to ask if a woman needs assistance or if she is frightened for herself or children". – Midwife who participated in the study⁷



INTERESTED IN THIS RESEARCH?

Email: Associate Professor Kathleen Baird
kathleen.baird@health.qld.gov.au

GETTING THE RIGHT TREATMENT TO PREVENT PRESSURE INJURIES

Professor Brigid Gillespie is leading a team of multi-disciplinary researchers with the aim of developing evidence-informed interventions to prevent pressure injuries in hospitalised patients.

In 2018, the National Health and Medical Research Council (NHMRC) awarded \$1.83 million to Professor Gillespie and a multi-disciplinary team of national and international researchers for a trial to test the Efficacy and Effectiveness of Prophylactic Foam dressings in the prevention of sacral pressure injuries in at-risk hospitalised patients: The EEPOC Trial. This trial was informed by the lack of rigorous research evidence around the effectiveness of foam dressings in preventing pressure injuries in at-risk medical surgical patients.

"This trial is important because these dressings are being used with little evidence to support their role in prevention. The NHMRC grant will be used to recruit more than 1,320 patients to help us get a definitive answer about whether foam dressings have a place in preventing pressure injuries in at-risk medical surgical patients."

– Professor Brigid Gillespie, Professor of Patient Safety



INTERESTED IN THIS RESEARCH?

Email: Professor Brigid Gillespie
b.gillespie@griffith.edu.au

"Routine enquiry about domestic violence during pregnancy is accepted best practice. Training is essential to improve knowledge and practice. Few studies have undertaken a comprehensive evaluation of training impact over time."

– Associate Professor Kathleen Baird, Education Director
Women Newborn and Children's Services⁷

IMPROVING PARTNERSHIPS WITH FAMILY MEMBERS OF PATIENTS IN ICU

Professor Andrea Marshall is leading an international team of researchers from Australia, Canada and the United States in a randomised trial of two family-centred interventions to 1) improve nutrition intake for critically ill patients and 2) enhance decision-making for families of critically ill patients. Gold Coast University Hospital intensive care unit (ICU) is one of eight ICUs recruiting patients and families to the study, which was funded by the prestigious Canadian Institutes of Health Research and Gold Coast Health. The protocol for the trial was published in *Trials*⁹ in 2018, and the authors believe these interventions could improve physical and psychological recovery for patients in ICU. Ten patients and family members from Gold Coast Health have already taken part in the study.

"We're working with an interdisciplinary team, with the patient's family at the centre. For true person-centred care, we need to support the level of involvement that families and patients would like, and we need to challenge some of the misconceptions about challenges of involving patients and families in their care."

– Professor Andrea Marshall, Professor of Acute and Complex Care Nursing⁷



INTERESTED IN THIS RESEARCH?

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a.marshall@griffith.edu.au

IMPROVING WORKFORCE DIVERSITY

THROUGH NATIONAL AND
INTERNATIONAL PARTNERSHIPS

Between 2015–2018, Dr Rhea Liang and her collaborators from Queen’s University Belfast and University of Melbourne interviewed 12 women from Australia and New Zealand who had chosen to leave surgical training. The research, published in *The Lancet*¹⁰, reported that the reasons for leaving stacked like a tower of blocks until a final, sometimes minor, event toppled the tower and the woman chose to leave. Rather than create new women-focused approaches to encourage women to stay in surgery, Dr Liang’s research showed that creating strategies that focus on improving the culture of surgery for everyone could be the best way forward.

Dr Liang’s ongoing research and advocacy for women in surgery has earned her an Education Scholarship with the distinguished American College of Surgeons (ACS). As part of the scholarship, Dr Liang attended a two-month educational visit to the United States, starting with the ACS Clinical Congress in Boston, followed by a tour of six universities across the United States.

“We know from research that improving culture and diversity for surgeons leads to better professional behaviours, more empathy for our patients, and in turn, improves patient outcomes.”

– Dr Rhea Liang, General and Breast Surgeon (pictured, right)



This year's Congress had a focus on how surgeons can educate to foster diversity and inclusion, gender progress and professional behaviours. Dr Liang is the first Australasian recipient of the prestigious ACS award. Dr Liang is also the Chair of the Royal Australasian College of Surgeons' Operating with Respect Committee, where she has led the implementation of concrete changes to how the society approaches diversity and inclusion.

"Knowledge translation is often the slowest part of the research process. It can take up to 17 years for a new piece of research to make to a change in practice. Working directly with the Royal Australasian College of Surgeons, we have been able to implement the findings of our research within a matter of months."
– Dr Rhea Liang, General and Breast Surgeon

The College now uses language that focuses on diversity and inclusion, has a diversity and inclusion action plan, and focuses on improving the culture of surgery for everyone. Dr Liang has now started a PhD, studying the effect of intersectionality and surgical training.



INTERESTED IN FINDING OUT MORE ABOUT IMPROVING DIVERSITY AND INCLUSION IN SURGERY?

Email: Dr Rhea Liang
rhea.liang@health.qld.gov.au





EMBED RESEARCH IN HEALTH SYSTEMS AND SERVICES

“Research is core business. We are really proud of everyone getting involved.”

– Dr Nicola Morgan, Staff Specialist Consultant Physician
Supportive and Palliative Care, Gold Coast Health

Our goal: Embed research in health services and systems to use research and other forms of evidence to improve and innovate healthcare.

Limited time and resources can make embedding research in health systems and services challenging. In this section, we will showcase examples where research generated from clinical problems has reduced waiting times for gastroenterology support, involved consumers in service re-design and led to federally funded research projects.





CURIOSITY AND COLLABORATION REDUCE GASTROENTEROLOGY PATIENT WAIT TIMES

“Formalise your curiosity and find the right people to collaborate with.”

– Rumbidzai Mutsekwa, Dietician and Researcher, Gold Coast Health

These were words of wisdom from Rumbidzai Mutsekwa, a practising dietician and researcher at Gold Coast Health when she presented at the Allied Health Research Forum in February 2019.

In 2016, Gold Coast Health set up dietitian-first gastroenterology clinics as a key strategy to address growing need for gastroenterology services. Dietitians in these clinics are the first point of contact for eligible patients, providing assessment and treatment to them before they see a gastroenterologist (Figure 1).

Establishing this clinic sparked the curiosity of Ms Mutsekwa and the wider team (Dr Russell Canavan, Dr Rebecca Angus, Dr Lauren Ball, Dr Paul Scuffham, Vicki Larkins and Dr Szymon Ostrowski) to explore their impact on patients, clinicians and the health service. With limited research available, the team set out to evaluate the impact of the new service.

The team completed four research studies in collaboration with Nutrition and Dietetics, Gastroenterology, the Office for Research Governance and Development, health analytics, and partners from the Centre for Applied Health Economics (Menzies Health Institute Queensland, Griffith University).

Retrospective audits, patient satisfaction questionnaires and cost-effectiveness analysis demonstrated that these clinics reduced waiting times of eligible patients by more than 200 days (from 280

to 66) compared to seeing a gastroenterologist first. This has resulted in estimated cost savings of \$700,000 (in 2016). Patients are satisfied too, with 97% saying they would recommend the service to others.

This approach is gaining national and international recognition. In 2018, the team received the Gold Coast Health Allied Health Research Excellence Award; were finalists in the Bond University Sustainable Healthcare Awards; and received the Best Presentation for an Emerging Clinician Researcher at Gold Coast Health Research Week. Clinicians from across Australia, New Zealand and the United Kingdom are interested in implementing this new model of care.

Nearly \$250,000 in grant funding has been secured to continue this work. The team is planning to take everything they have learnt into their newest research project on adherence to enteral nutrition for adults with Crohn's Disease.



INTERESTED IN KNOWING MORE ABOUT THIS OR OTHER PROJECTS?

Email: [Rumbi Mutsekwa](mailto:Rumbi_Mutsekwa@health.qld.gov.au)
rumbidzai.mutsekwa@health.qld.gov.au

“Very impressed and excited about having more knowledge about my nutrition.”

–Patient feedback

RESEARCH IMPACT

- \$240,000 in research grants
- Three research awards
- Published in *BMJ Frontline Gastroenterology* and downloaded >1000 times since November 2018

PATIENT IMPACT

- 99% of patients were satisfied with the service
- 97% of patients said they would recommend the service
- Seeing a dietician first reduced waiting times of eligible patients by more than 200 days (from 280 to 66) compared to seeing a gastroenterologist first
- \$700,000 estimated cost savings to date.
- 5% of all gastroenterology referrals are now seen by a dietician first. All are seen within recommended clinical timeframes

BUILDING INTERNATIONAL COLLABORATIONS IN GASTROENTEROLOGY

Dr Sneha John, Director of Endoscopy and lead of the Gastrointestinal Endoscopy Research group created the ASPIRE (Asia-Pacific Research in Endoscopy Group) network – a collaboration between colleagues from Japan, Korea, Australia and India. Dr John is the co-ordinator for the network that she hopes will facilitate international recruitment to increase the size of randomised controlled trials in endoscopy.

“We already work closely with our colleagues at Griffith University’s Clinical Trials Unit but all our trials are internally funded. We hope by working with international colleagues, we can grow the size and reach of our trials.”

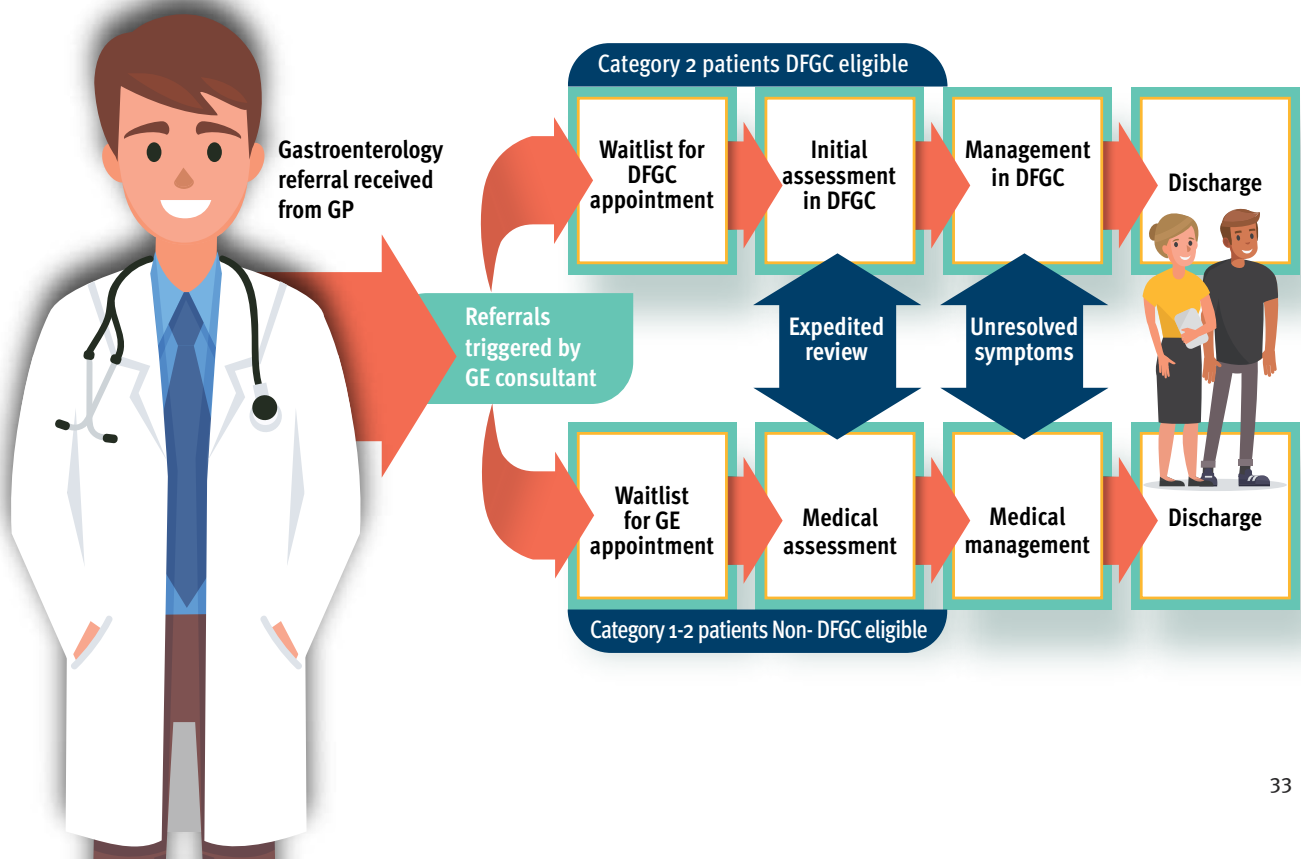
– Dr Sneha John, Director of Endoscopy

Gold Coast Health’s Gastrointestinal Endoscopy Research group worked on two internally funded randomised controlled trials in 2018. One with 20 patients exploring early capsule endoscopy, and another exploring use of blue light during endoscopy to increase rate of polyp detection. Results from these studies were presented at international conferences, including Digestive Diseases Week, and will be published in 2019.



INTERESTED IN GASTROINTESTINAL RESEARCH?

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CHANGING THE LIVES OF PEOPLE LIVING WITH MOTOR-NEURONE DISEASE

“When you’ve got motor neurone disease, there are a lot of people to help you but they can’t cure you. Hopefully, Dr Sabet and his team, through this study, can uncover something to improve life for sufferers.”

– Michael White, first patient recruited to the new trial

IMPACT

- World-first trial of medicinal cannabis for symptoms of motor-neurone disease
- Up to 30 patients will participate
- Funded collaboratively between Gold Coast Health, Gold Coast Hospital Foundation and industry

Gold Coast Health researchers are leading a world-first clinical trial into the effects of medicinal cannabis in treating people living with motor-neurone disease (MND) or amyotrophic lateral sclerosis (ALS). The study is funded by Gold Coast Health and Gold Coast Hospital Foundation in 2017 (\$99,860), through community donations, and is in collaboration with CannTrust Inc.

Thirty patients between the ages of 25 and 75 diagnosed with MND in the past two years will be given either medicinal cannabis oil capsules or a placebo over 24 weeks, with researchers monitoring the progression of the disease and any changes in pain, spasticity, weight loss, lung function and quality of life.

Leading the study team are Gold Coast Health neurologists Associate Professor Arman Sabet, Professor Simon Broadley (conjoint appointment with Griffith University) and nurse researcher Berzenn Urbi. Researchers from Duke University, USA, and the International Cannabis and Cannabinoids Institute in Prague, Czech Republic, are also part of the study team.

“MND is a neurodegenerative disease that has an unknown cause and we are yet to find a cure. This study has the potential to discover novel approaches that may extend patients’ lives by managing debilitating symptoms and leading to a delay in the disease progression. Most clinical trials in MND focus on finding a cure. Studies directed towards symptom management are very limited.”

– Associate Professor Arman Sabet, Medical Director, Neurology

One of the outcomes of the study could be a reduction in health care spending on the treatment of MND by reducing hospital admissions and visits for people with MND. Recruitment to the study is ongoing.



INTERESTED IN PARTICIPATING IN THIS TRIAL?

Email: Contact Berzenn Urbi
DEMSResearch@health.qld.gov.au

USING RESEARCH TO REDUCE OBESITY ON THE GOLD COAST

“Modelling uses evidence to demonstrate the potential local health gains from a range of possible interventions. This is particularly helpful given the financial and physical limitations of trialing each intervention in our local context.”

– Ms Deena Malloy, Senior Epidemiologist, Gold Coast Public Health Unit (left)

Obesity is one of the leading causes of morbidity and mortality globally. Gold Coast Health is leading the development of the Gold Coast Active and Healthy City Strategy 2018–2022 to tackle obesity locally.

Over the past two years, Helen Clifford and Deena Malloy from Gold Coast’s Public Health Unit have led the development of the strategy, including a body of research to underpin the strategy. They were successful recipients of a 2018 Gold Coast Health and Hospital Foundation Research Grant Scheme funding for \$90,148 for their work on identifying “best buy” interventions to reduce obesity locally. The collaborative includes Griffith University, Gold Coast Health’s Strategy and Planning team and Bond University’s Centre for Research in Evidence-Based Practice.

Ms Malloy is the Chief Investigator on the project and is a registered HDR student. She will use modelling to identify which obesity-reducing interventions could be worth investment by health and community providers.

The team also received funding from the Gold Coast Health Office for Research Governance and Development to attend Bond University’s Practising Knowledge Translation two day course to learn how to systematically use research to implement the Active and Healthy City Strategy 2018–2022. Ms Clifford also presented the Active and Healthy Strategy at the 2018 Liveable Cities Conference in Melbourne.

Other projects evaluated in 2018 include Get Set for Surgery, is a pilot project exploring the effect of empowering patients in “getting set” for their surgery by connecting them with free online coaching services to assist them to identify their health goals. Coaches support patients for up to six months to implement their chosen lifestyle changes. A pilot program was undertaken from November 2017 to November 2018, with an evaluation report due mid-2019.

Prevention Tracker was undertaken in collaboration with the Australian Partnership Prevention Centre in 2017-18. This research project looked at key problems in our prevention system that could be critical to improving our approach to chronic disease prevention. The final report is due in early 2019.

The Public Health Unit continues to support Gold Coast Health’s Community Gardens. Gold Coast University Hospital community garden was funded originally by a \$10,000 Improvers award in 2016 to enhance patient care through innovation. It is now wheelchair accessible.



INTERESTED IN LEARNING MORE ABOUT THE PUBLIC HEALTH UNIT, COMMUNITY GARDENS OR STAYING ACTIVE AND HEALTHY?

Email: GCPHU-HP@health.qld.gov.au

Visit: www.goldcoast.health.qld.gov.au/healthier-you

LEARNINGS FROM AUSTRALIA'S LARGEST BREAST CANCER SURVIVOR SURVEY

Gold Coast Health's Breast Cancer Service started ten years ago and is now the second largest in Queensland, with 350 new referrals annually. In this time, breast surgeon Dr Rhea Liang, noticed that the use of services, such as social work and psychology, appeared to be increasing. With more than 90% of women diagnosed with breast cancer achieving long-term survival, it's becoming increasingly important to understand their long-term health needs.

"Surviving breast cancer means you are more likely to have early menopause. Surgeons don't currently provide support for this aspect of surviving the disease. We have embedded a GP with special interest in breast cancer into our team to support patients in the community with ongoing symptoms related to surviving cancer."

– Dr Rhea Liang, General and Breast Surgeon

Dr Liang, Dr Jasotha Sanmugarajah, Dr Dominic Lunn, Dr Dean Vusanovic and Dr Raja Sawhney surveyed 129 breast cancer survivors using the validated Cancer Services Unmet Needs (CaSUN) tool – the largest breast cancer survivor needs survey in Australia – to identify the service's performance, consumers' needs over the next five years, and to ask the open-ended question, "What would your ideal breast cancer service look like?"

Their results were simple: patients needed their health professionals to talk to one another about their care and they needed access to affordable parking. When asked what their unmet needs were, 41% said their number one need was support to deal with the fear of their cancer returning, and 32% ranked dealing with stress as their second most important need. But 88% of survivors also reported that they did not have a psychologist as part of their clinical team.

"The question specifically stated, 'If there were no money or resource limitations, what would your dream breast service include? These findings show us that patients aren't asking for new treatments. What this tells us is that survivors want human connections and practical help. In other words, patient-centred care.'"

– Dr Rhea Liang, General and Breast Surgeon

The results from this study will be published in 2019.



INTERESTED IN PARTICIPATING IN THIS TRIAL?

Email: Dr Rhea Liang
rhea.liang@health.qld.gov.au



**"It's about what patients value.
Women just want to be heard."**

– Dr Rhea Liang, General and Breast Surgeon (pictured, left)

SUPPORTING THE DIAGNOSIS OF CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDER

Gold Coast Health's Child Development Service is a specialist multi-disciplinary, community-based service. Part of their role is support the diagnosis and treatment of children with Fetal Alcohol Spectrum Disorder (FASD). It was the first permanent FASD service in Australia when it commenced in 2014.

Since that time, the service has seen hundreds of children from all over Queensland and Australia, and trained in excess of three hundred clinicians from Australia and New Zealand. The service has provided more than one hundred public presentations, approximately 20 peer-reviewed publications and guidelines, completed one Master's higher degree and one PhD, with another enrolled, and provided mentoring to two other Queensland-based services. In 2016, the service was a Highly Commended Finalist in the Queensland Health Excellence Awards, and in 2017, the service received dedicated recurrent funding.

The service currently co-leads two Federal Service Development grants to the value of approximately \$2.7million: the Yapatjarrathati project, and a project to expand access to FASD assessment to children aged between three to seven years old.

People living in Northwest Queensland have limited access to FASD clinics. Currently, children wait up to two years and must travel five hours to the closest FASD clinic. The Yapatjarrathati project aims to create a model of care that integrates with local community practices, to train remote practitioners in the diagnosis and management of FASD, and ensure sustainability of the model through tele-mentoring support. It is a collaboration with Associate Professor Dianne Shanley (Director of the Psychology Clinic at Griffith University) and will integrate cultural protocols with implementation science theories, including the knowledge to action cycle and evidence-based co-design.



Children are usually not diagnosed with FASD until they are between seven to ten years old. The current project, led by Professor Sharon Dawe (Menzies Health Institute Queensland, Griffith University) is funded by the Australian Government Drug and Alcohol Program to expand the services of two of Queensland's FASD clinics to assess children aged between 3 to 7 years old. This project is a collaboration between Gold Coast Health, Menzies Health Institute Queensland, Griffith University, Sunshine Coast University Hospital, Institute for Urban Indigenous Health, Kummara Association, the National Drug and Alcohol Research Centre (UNSW), the University of Sunshine Coast and the University of Queensland. To date, more than 35 children have been assessed at the Gold Coast Health Child Development Service alone, 28 practitioners have been trained in the Parents Under Pressure program, Adaption for FASD, and 60 practitioners have participated in the FASD Training Awareness workshops that aim to raise awareness and increase clinical competency of practitioners working with complex families. The project is funded until July 2020.



INTERESTED IN FASD RESEARCH?

Email: [Dr Doug Shelton \(pictured, above\)](mailto:doug.shelton@health.qld.gov.au)
doug.shelton@health.qld.gov.au

CARING FOR PEOPLE WITH CHRONIC LUNG DISEASE

Gold Coast's Respiratory and Sleep Disorders Research Group (led by Dr Bajee Krishna Sriram) is known for its culture of innovation and patient-centred approach. It supports patients with a range of respiratory disorders including Chronic Obstructive Pulmonary Disease (COPD), Asthma, Cystic Fibrosis (CF), Interstitial Lung Disease, Lung Cancer and Sleep Disorders.

The team focused on three key research areas in 2018:

Patients with COPD who are undernourished

In 2017, Dr Sriram and his team were awarded \$19,802 from the Gold Coast Health and Gold Coast Hospital Foundation Research Grant Scheme to investigate the inflammatory state and burden of symptoms in patients with COPD who are undernourished. So far, the team has recruited 45 patients to the study. Once the sample size of 60 patients is reached, they will commence the laboratory experiments and complete data analysis. It is hoped these results will provide opportunities to explore new treatments to improve outcomes for patients with COPD who are undernourished.

Australian CF Data Registry

The Australian CF Data Registry is funded by Cystic Fibrosis Australia. The platform for this multi-centre prospective study was updated recently under the stewardship of the principal investigators at The Alfred Hospital and Monash University. The Gold Coast Health site investigators (A/Prof Iain Feather and Mrs Maureen Zimmerman) are pleased with the new version of the database and have already entered data for several patients. This too is a very important patient registry that will inform patients with CF, their carers and health staff about the quality of care being provided to patients with CF. It also provides a platform for comparing management and outcomes across other similar registries in other countries.

Monitoring the effects of Mepolizumab in severe asthma

In clinical trials, Mepolizumab reduced hospital admissions of patients with severe asthma by 50%. In 2017, Gold Coast Health Investigators A/Prof P Sivakumaran and Mrs Samantha Nolan-Neylan were awarded \$16,800 from Hunter New England Health District to support the ongoing monitoring of patients treated with this drug through a multi-centre prospective registry study. They have recruited several patients to the registry and it is already providing useful information on the management of patients with severe asthma. The results of this registry, are expected to be presented in national and international scientific meetings and published in leading peer-reviewed medical journals for several years to come.



INTERESTED IN LEARNING MORE ABOUT RESPIRATORY RESEARCH?

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bajee.krishna.sriram@health.qld.gov.au

GOLD COAST'S CENTRE FOR HEALTH INNOVATION IMPROVES PATIENT CARE

Established five years ago as a joint venture between Gold Coast Health and Griffith University, the Centre for Health Innovation (CHI) is playing a critical role in delivering patient-centred care.

CHI's primary aim is to develop contemporary and innovative practices to improve clinical outcomes. It has multiple projects under its umbrella to ensure the delivery of safe, effective, equitable and patient-centred care to the community. The Centre is helping to address some of the fundamental safety and patient flow issues felt across health services worldwide.

Two of the flagship projects are the Gold Coast Integrated Care Program and Relational Coordination.

Gold Coast Integrated Care Program

The evaluation of the Gold Coast Integrated Care Program is a pragmatic, non-randomised controlled clinical trial to test whether the program improves health and well-being for patients with chronic and complex conditions at no additional cost to the healthcare system. In 2014, the program established a multi-disciplinary community-based team to proactively manage the care of these patients. The team do this in collaboration with general practitioners from 15 network practices. The final phase of the program was completed in September 2018. A program evaluation is being undertaken by the Centre for Applied Health Economics, Griffith University. Data analysis will be completed by mid-2019, with results being published in formal reports for the Commonwealth Department of Health, the Gold Coast Health Board and executive, Gold Coast Health staff and Griffith University team members from the Menzies Health Institute Queensland. To date, the group has published five research articles, including the study protocol, and 11 conference publications.



Relational Coordination

Relational Coordination is an evidence-based theory, a model of organisational change, and a performance improvement approach which focuses on the relational dimensions of teamwork. In practice, a relational coordination Project Manager works with leaders and front-line staff of multi-disciplinary teams to apply relational coordination through a reflective step-wise process to understand the underlying relational issues that impact their performance, and then develop responsive interventions to improve their coordination.

Professor Victoria Brazil is applying relational coordination in combination with Translational Simulation and ethnography to examine the culture within a multi-disciplinary team who provide care in the early phases after trauma. This is a mixed method study based on the principles of participatory-action research. A range of 16 interventions, focusing on structural, process and relational dimensions, have been co-created with team members and are now being implemented.

Further research using this approach is planned to examine the culture and develop improvement strategies within multi-disciplinary teams involved in the after-hours management of the deteriorating patient. In addition, the Project Manager Relational Coordination, Darren McLean, continues his PhD research examining how institutional factors shape the implementation of relational coordination programs in healthcare organisations.



INTERESTED IN FINDING OUT MORE?

Email: Lauren Ward, Research Manager
l.ward@griffith.edu.au



INTERESTED IN FINDING OUT MORE?

Email: Darren McLean, Project Manager
darren.mclean@health.qld.gov.au



ESTABLISH A SUSTAINABLE RESEARCH CULTURE

“It’s all about collegiality. Forming research groups brings research to the forefront of the clinical services we offer. Our teams work together to identify and prioritise key clinical questions, then put research in place to answer them. They work hard to mentor and build capacity in junior staff and trainees.”

– Dr Greta Ridley, Research Director, Gold Coast Health

Our goal: Establish a sustainable research culture through investment in research infrastructure, engaging staff at all levels of the organisation and embedding research in operations.

Gold Coast’s research culture is built around 24 research groups and collaboratives embedded in the clinical services we provide. In this section, we provide three examples of research groups at different stages of research culture development and provide two examples of how we support a sustainable research culture through investing in clinical trials and research week.



WORLD-LEADING EMERGENCY CARE AT GOLD COAST HEALTH

“The study is nested within a clearly defined clinical pathway, ensuring that findings can be rapidly translated into guidelines and change practice.”

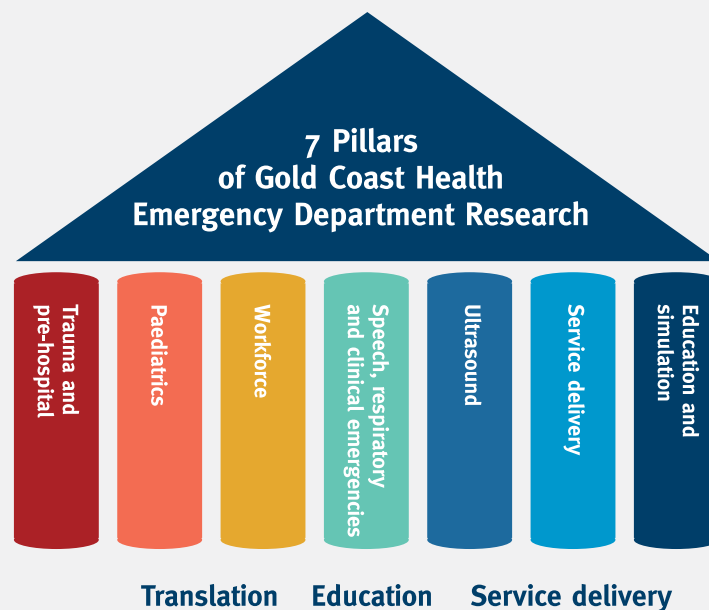
– Dr Christa Bell, Staff Specialist, Gold Coast Health

IMPACT

- Award-winning research
- Team of 25 clinicians and academics
- More than \$3 million in grant funding
- 50 scientific papers published
- A growing social media presence
- A new strategic research plan identifying 7 pillars of research.

Gold Coast Health’s Emergency Department Collaborative Research Group is a special team. Not only have the group been growing in numbers (now at 25 team members) but they have been hitting their research goals: awards, grants and scientific papers published. This is no mean feat. This requires strategic thinking and consistent action towards undertaking research to improve patient care.

In 2018, the team decided to formalise this strategic thinking by developing a five year strategic plan for research. This plan brings together seven key pillars (pictured, below) of research, ranging from Trauma and pre-hospital to Service delivery, and Education/simulation. Some of the highlights from these pillars in 2018 were:



Paediatrics

Dr Christa Bell, Dr Megan King and Dr Shane George were awarded more than \$2.5 million for paediatric research. One study, the Early Resuscitation in Paediatric Sepsis study, was jointly funded for \$196,000 by Gold Coast Health and Gold Coast Hospital Foundation Research Grants Scheme and the Emergency Medicine Foundation. It is a randomised controlled trial to test two interventions to improve the outcomes of children with sepsis.

Workforce

The team identified that workload and skill mix, death or sexual abuse of a child, and violence against staff are the top three work-related stressors in emergency departments in Queensland and Sweden. A PhD student is now working with staff to research strategies to tackle these factors.

Sepsis, respiratory and clinical emergencies

Professor Gerben Keijzers and Dr Katya May lead a nationwide study on the current practice of fluid resuscitation in patients with sepsis. In total, 71 hospitals in Australia and New Zealand participated in the ARISE FLUIDS study (funded by the Emergency Medicine Foundation and the Gold Coast Hospital Foundation) with the results coming out in 2019.

Dr Richard Pellatt conducted the “BUDDY” study¹², which showed that in patients with a fifth metacarpal fracture, buddy taping provides similar outcomes as plaster but at lower cost and more convenience. This practice will be rolled out in Gold Coast Health in 2019 with many other hospitals to follow.

Service delivery

Professor Julia Crilly won the prestigious Research Award at Bond University’s Sustainable Health Care awards for her study placing emergency department nurses in the local police watch house. She also established a new collaboration between all five Gold Coast private and public emergency departments (funded by the Emergency Medicine Foundation) to assess the impact of the 2018 Commonwealth Games on emergency departments.

The group is also committed to building research capability. They hold monthly research seminars, journal clubs and regularly share upcoming grant rounds, conference deadlines and courses via their newsletter. Recruitment is also open for eight clinical trials.



WANT TO GET INVOLVED WITH THE EMERGENCY DEPARTMENT?

Email: Amy Sweeny to sign up for their newsletter
GCEDResearchAdmin@health.qld.gov.au

THEN

2011

\$0.34M of grants awarded

8 publications in
peer-reviewed journals

NOW

2018

\$3.49M of grants awarded

52 publications in
peer-reviewed journals

917%↑

increase average in value
of grants awarded

550%↑

publications in
peer-reviewed journals

FROM ROADSIDE TO RECOVERY: GOLD COAST HEALTHS 'S LEVEL 1 TRAUMA SERVICE

“Our vision is to improve health through translational research that is innovative, collaborative, regionally responsive and globally informative at an individual, population and system level”

– Gold Coast Health Trauma Service

IMPACT

- Designated Level 1 Trauma Centre
- Affiliated with the National Trauma Research Institute
- \$1million in grant funding
- 4 publications
- 4 conference awards
- 13 invited speaker sessions
- 48 abstracts accepted



In 2019, the Royal Australian College of Surgeons awarded the Gold Coast University Hospital a Level 1 Trauma Centre status. Research, education and fellowship training are key components of being awarded this accolade.

Gold Coast Health's Trauma Service developed their first research strategy in 2014. They identified six key core research pillars and created an action plan to move this strategy forward. In the five years since that strategy was initiated, the research culture of the team has grown substantially.

“Every member of the team is engaged – from consultants to nurses to data managers – they recruit to studies and participate in research. Our clinicians have a full-time clinical load. It’s my job to co-ordinate the process and support the Trauma Service and partners to make research to happen.”

– Elizabeth Wake, Clinical Nurse Consultant, Trauma Research Co-ordinator

Since 2015, the number of abstracts submitted to conferences has grown from less than five to nearly 50 in 2018. Conference presentations and poster presentations have increased too – with more than 25 oral presentations and 30 poster presentations in 2018. More research is making it to publication too – one publication in 2015 increased to four in 2018. Two HDR students started their studies in 2018. This commitment to creating a sustainable research culture was recognised by the National Trauma Research Institute (NTRI) and Gold Coast is now the first site outside of Melbourne.

\$1 million in grants awarded in 2018 will go towards interdisciplinary projects including enhanced nutrition in trauma, multi-centre randomised controlled trials of fibrinogen early in severe trauma (FEISTY Junior and FEISTY II), 12-month follow up of major trauma patients, the development and validation of an instrument to predict PTSD and depression and analysis of watersports injuries and marine incidents.

Next steps for this service include growing their collaboration with existing partners NTRI, Bond and Griffith Universities and Jamieson Trauma Institute; developing a collaborative research program with Alfred Health; and supporting applications for further research funding.

“Our team strives to improve our patients’ quality of life outcomes by engagement and collaboration of research and clinical teams toward this goal.”

– Dr Martin Wullschleger, Medical Director, Trauma Service



INTERESTED IN WORKING WITH THE TRAUMA SERVICE?

Email: Elizabeth Wake
elizabeth.wake@health.qld.gov.au

RESEARCH IS CORE BUSINESS FOR THE SUPPORTIVE AND PALLIATIVE CARE SERVICE

“Two years ago, this service did not have a significant research culture or profile. We’re so proud that everyone is getting involved in creating a sustainable research culture.”

– Dr Nicola Morgan, Staff Specialist Consultant Physician (pictured)

IMPACT

- Every member of clinical staff is involved in research
- Recruitment site for \$1.3 million trial awarded by Medical Research Future Fund
- Breaking down barriers across disciplines, hospital sites and into the community
- Projects generated and executed by clinicians of all levels

Gold Coast Health’s Supportive and Palliative Care team provide multi-disciplinary support to people living with life-limiting illness – patients range in age from children to centenarians. The service touches nearly every department across the health service, crosses community/hospital boundaries and has sites at both Robina and Gold Coast University Hospital. The breadth of service means that creating a sustainable research culture requires leaders to work across disciplines including medicine, nursing, pharmacy, occupational therapy and physiotherapy.

“We are building a culture of innovation and putting the patient right at the centre. Our research is developed from practising team members who are seeking to understand and improve something for patients directly.” Dr Nicola Morgan, Staff Specialist Consultant Physician

Building research collaborations has been an important focus. Collaborations with Metro North Hospital and Health Service and University of Queensland resulted in being part of the team awarded \$1.3 million by the Medical Research Future Fund to assess the effect of Medicinal Cannabinoids to Relieve Symptom Burden in the Palliative Care of Patients with Advanced Cancer. The trial commenced in March 2019.

Partnering with Dr Sharon Latimer and Professor Brigid Gillespie (who both hold conjoint appointments with Griffith University) led to the successful publication of a scoping review of Kennedy Terminal Ulcers in the *Journal of Hospital and Palliative Care Nursing*¹³. Tracey Hunt (Clinical Nurse Consultant) and Kristyn Mackrell (Senior Occupational Therapist) were authors of this research, which originated from a clinical problem.

“This scoping review revealed significant knowledge and clinical practice gaps in patient assessment, management, and treatment of Kennedy terminal ulcers. Further research is needed to inform clinical practice to improve patient care.” Dr Sharon Latimer,¹⁰ Research Fellow, Patient Safety.

Examples of other clinician-led projects underway in 2018 included projects with MD students and on over-treatment at the end-of-life with Bond University. Phase 4 Pharmacovigilance trials and two projects with Gold Coast Primary Care Health Network to improve advanced care documentation in primary care.



INTERESTED IN GETTING INVOLVED, OR WORK IN AREAS THAT TOUCH ON PALLIATIVE CARE?

Email: Dr Nicola Morgan
nicola.morgan@health.qld.gov.au

GOLD COAST HEALTH IS READY FOR THE CLINICAL TRIALS OF THE FUTURE

“The training gave me a comprehensive understanding of the roles and responsibilities of Sponsors, Principal Investigators and the Research team.”

– a member of Gold Coast Health staff who attended clinical trial training



IMPACT

- 24 therapeutic areas recruit to clinical trials at Gold Coast Health
- 90 clinical trials running
- 1468 patients recruited to active clinical trials
- 84 staff trained in clinical trial skills and regulatory requirements in 2018
- 76 national and international collaborations
- First telehealth clinical trial
- First Phase 1 clinical trial

2018 was an important year for clinical trials at Gold Coast Health. Chief Executive Ron Calvert injected \$1 million of funding to expand capacity and capability in clinical trials.

A new Clinical Trials Steering Committee was created to manage the process. The committee will use the funding to strengthen existing clinical trial units, to expand trials into new areas, and to increase the number of patients who have access to trials.

Two new staff members have been employed. Kristof Boot was appointed as the Assistant Director of Clinical Trial Services and the central point of contact for anyone starting clinical trials. Jan Wayland was appointed as the Project Officer building the new clinical trials model in collaboration with the steering committee and all key stakeholders, including existing clinical trial managers.

A collaboration with PRAXIS, Griffith University Clinical Trial Unit and Gold Coast Health provided 120 training opportunities to Gold Coast Health and Griffith University staff. Topics included Good Clinical Practice, project management, safety reporting, and preparing for audits and regulatory inspections.



INTERESTED IN WORKING WITH GOLD COAST HEALTH IN CLINICAL TRIALS?

We welcome enquiries from members of the Gold Coast Health community, industry, academic partners, not-for-profits and collaborative groups.

Email: GCHClinicalTrialServices@health.qld.gov.au Call: Assistant Director Kristof Boot – 07 568 76412

OUR CLINICAL TRIAL HIGHLIGHTS

FIRST TELEHEALTH TRIAL

People with cancer living in rural and remote areas can find it hard to access clinical trials. In 2018, Gold Coast's Medical Oncology Department (led by Dr Jasotha Sanmugarajah) started their first telehealth clinical trial to improve access to clinical trials for people living with early stage breast cancer. Staff at Hervey Bay Hospital work with staff at Gold Coast Health to safely recruit and manage patients on the trial, without patients having to travel to larger hospital sites. To date, four patients from Hervey Bay and 23 from Gold Coast Health have been recruited to the monarchE study.

FIRST PHASE 1 STUDY

Medical oncology recruited five patients to their first Phase 1 trial. It is the first study to test a new immunotherapy in people with advanced tumours. Gold Coast is currently the top recruiting site to this trial.

TOP RECRUITMENT

Venetoclax is a medicine developed in Australia to treat Chronic Lymphocytic Leukaemia. Between 2017-2018, Gold Coast Health's Haematology Department was the only recruitment site in Queensland and one of the top recruiting sites in Australia. The team recruited 11 patients and Dr Tara Cochrane presented results from the trial at two international conferences. The drug has since been made available through the Pharmaceutical Benefits Scheme.

ACCESS TO NEW FUNDING STREAMS

Gold Coast's Health Supportive and Palliative Care Service (led by Dr Andrew Broadbent and Dr Nicola Morgan) are one of six recruitment sites for a new trial funded by the new Department of Health's Medical Research Future Fund. Queensland researchers, led by Professor Janet Hardy at Mater Cancer Care Centre, successfully applied for \$1.4 million to test if medicinal cannabinoids can relieve the symptom burden for patients with advanced cancer.

OUR CLINICAL TRIAL AREAS



CRITICAL CARE
AND TRAUMA



CARDIO-
VASCULAR



GASTRO-
INTESTINAL



GYNAECOLOGY
AND OBSTETRICS



ENDOCRINE
AND METABOLIC
DISEASES



MUSCULO-
SKELETAL



NEPHROLOGY,
RENAL AND
UROLOGY



HAEMATOLOGY
AND ONCOLOGY



INFECTIOUS
DISEASES



NEUROSCIENCES
AND CENTRAL
NERVOUS SYSTEM



OPHTHALMOLOGY



MEDICAL DEVICES



PAEDIATRICS



PSYCHIATRY



RESPIRATORY
AND IMMUNO-
INFLAMMATORY



SURGERY



VACCINE AND
VIROLOGY

“I knew I didn't want chemotherapy. It was so great to have alternative options. Elise Sturgeon (Clinical Trial Co-ordinator) and my haematologist, Dr Michelle Bryson, made it so easy for me to take part. I had minimal side-effects, and even got my parking paid.”

– Jennie Hackett-Smith, trial participant

SHOWCASING OUR RESEARCH



IMPACT

- 75 abstract submissions
- 30 themed presentations
- 36 lightning talks

“Research Week is a great way for staff to engage in our research culture and learn about local research.”

– Dr Caitlin Brandenburg, Chair, Research Week Committee

The 2018 Gold Coast Health Research Week Conference provided an opportunity for staff to showcase the high quality and clinically relevant research happening on the Gold Coast and to build networks within our health service and with local universities.

The week opened with a timely keynote presentation from Professor Sally Pearson from the Centre for Big Data in Health, University of New South Wales and panel discussion on using health data. Gold Coast Health’s adoption of iEMR drove a discussion about how researchers can better utilise health data to improve our health service delivery.

A highlight of the conference was the evening session ‘Clinician-academic partnerships: A recipe for success’. The night brought together a panel of clinician/academic research pairs to talk about their experiences collaborating with each other. Panellists drove a robust discussion around the benefits of partnerships in building skills and confidence among clinicians, driving practice-relevant research, building culture in their clinical areas and gaining knowledge

and connections through the process. The event generated a list of barriers and facilitators to partnering, which will help inform future opportunities for clinicians and academics to interact.

Three minute lightning talks were popular sessions again this year. Staff enjoyed the opportunity to present their research in a dynamic, bite-sized manner, and the sessions helped create a ‘buzz’ about research in the room and hopefully beyond.

Emblematic of growing high-level support for research, Gold Coast Health Executives chaired themed sessions that consisted of eight minute talks. Themes were focused on growing healthcare staff capability in research, improving health service delivery from the clinician’s as well as the consumer’s perspective, developing and comparing health interventions, utilising data to improve healthcare and understanding and doing clinical research.

In recognition of the time and effort staff provided towards ensuring the event was successful, a range of awards were provided to staff who presented high-quality presentations, lightning talks and posters.



INTERESTED IN KNOWING MORE ABOUT RESEARCH WEEK 2019?

Email: Office for Research Governance and Development
researchgoldcoast@health.qld.gov.au

CLOSING STATEMENT

FROM THE CHIEF EXECUTIVE AND
THE CHAIR OF THE RESEARCH COMMITTEE

It's clear from content of this report that Gold Coast Health is helping to tackle the healthcare challenges we face locally and nationally – meeting consumer expectations, developing new treatments, providing care to an ageing population, and managing the increasing burden and complexity of disease.

Our innovative approach to **BUILDING RESEARCH CAPABILITY** provides a high return on investment. Training our staff in evidence-based practice, in collaboration with the Institute for Evidence-Based Healthcare (Bond University), ensures our patients receive appropriate care when they need it. Our use of an evidence-based approach to the developing research capability in Allied Health has received national and international recognition.

Investing in **STRENGTHENING PARTNERSHIPS** with mental health consumers, and ensuring our researchers are culturally safe to work with Aboriginal and Torres Strait Islander patients keeps our research consumer-focused. We led the development of the Queensland and New South Wales Regional Health Collaborative showing our commitment to building healthier communities through research, education and innovation in health services.

Our staff are **EMBEDDING RESEARCH IN HEALTH SERVICES AND SYSTEMS** to solve major problems including waitlist times, obesity, improving services for breast cancer survivors and children with Fetal Alcohol Spectrum Disorder. The Centre for Health Innovation works across multiple projects including a five-year flagship project to decrease fragmentation of services for people with chronic disease, which is due to culminate in 2019.

Several of our departments and research collaboratives have established or are working to **ESTABLISH A SUSTAINABLE RESEARCH CULTURE**. Our Emergency Department has 25 clinicians and academics working together to solve clinical problems in paediatrics, workforce development, sepsis and service delivery. Our Level 1 Trauma Service is working on multi-disciplinary projects that affect patients from the roadside to the bedside, and our palliative care team is two years into the journey to ensuring research is core business. We have injected \$1 million to expand capacity and capability in clinical trials and are seeing the benefits – we had nearly 1500 patients recruited to 90 active clinical



trials across 24 therapeutic areas in 2018.

Going forward, our doors are open to innovation, collaboration and investment in research. We will capitalise on our existing research infrastructure to support this continued growth:

- The Office for Research Governance and Development will oversee the delivery of the 2019-2022 research strategy.
- The Centre for Health Innovation will provide world class services in health service reform, redesign and innovation.
- The Evidence-Based Practice Professorial Unit, a conjoint appointment with Bond University, will support Gold Coast Health in training our staff in evidence-based practice and research.
- The Digital Engagement team will support the development and commercialisation of digital health initiatives.
- The Queensland and Northern New South Wales Regional Health Collaborative will provide a strategic framework for a range of regional partners to engage with each other on projects that address the key health priorities in the south-east Queensland and Northern New South Wales region.
- The Gold Coast Health and Knowledge Precinct is a new opportunity to strengthen our level of commitment in working with external partners to drive excellence in research informed healthcare. Having our partners co-locate at this precinct will ensure we are co-designing in all aspects of research and innovation.

We look forward to continuing to work with you as we progress towards Gold Coast Health being recognised as a centre of excellence for world-class healthcare. We would like to thank all our staff, consumers and partners who are engaging in research at different levels and in different ways to improve the care we provide at Gold Coast Health. The future is bright for research at Gold Coast Health.

Ron Calvert
CHIEF EXECUTIVE

Helen Chenery
CHAIR OF THE RESEARCH
COMMITTEE

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